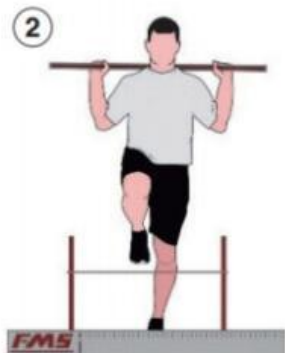
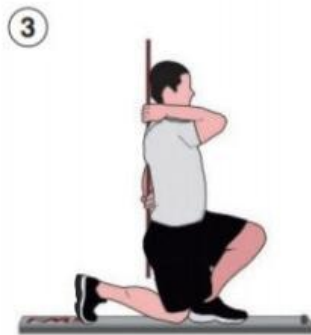




Deep squat



Hurdle step



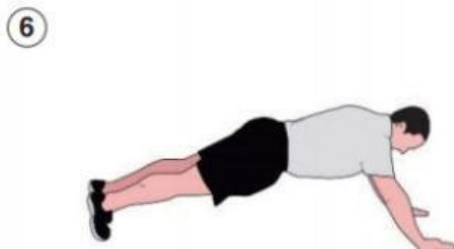
In-line lunge



Shoulder mobility



Rotary stability



Active straight leg raise

